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## Be smarter than the heat!!!!

- Stay indoors as much as possible and limit exposure to the sun.
- When you must be outdoors take frequent breaks.
- Dress in lightweight, light-colored clothes.
- Never leave children or pets alone in closed vehicles.
- Drink plenty of water; even if you do not feel thirsty
- Limit intake of alcoholic beverages.
- Avoid strenuous work during the warmest part of the day.
- Check on you animals to ensure they're not suffering from heat.
- Check on the elderly they are more susceptible to temperature extremes.



### Know the Signs & Symptoms:

#### Symptoms of heat exhaustion:

- Headaches
- Heavy sweating
- Cold, moist skin, chills
- Dizziness or fainting
- Weak or rapid pulse
- Muscle cramps
- Fast, shallow breathing
- Nausea, vomiting or both



#### Symptoms of heat stroke:

- Warm, dry skin with no sweating
- Strong and rapid pulse
- Confusion and/or unconsciousness
- High fever
- Throbbing headaches
- Nausea, vomiting or both



**Take steps to cool down and get medical attention immediately if you experience any of these symptoms.**

The County of Gloucester complies with all state and federal rules and regulations and does not discriminate on the basis of age, race, creed, color, national origin, ancestry, marital status, affectional or sexual orientation, gender identity or expression, disability, nationality or sex in admission to, access to, or operations of its programs, services, activities or in its employment practices. In addition, Gloucester County encourages the participation of people with disabilities in its programs and activities and offers special services to all County residents 60 years of age and older. Inquiries regarding compliance may be directed to the EEO office at (856) 384-6903 or through the County's ADA Coordinator at (856) 384-6842/New Jersey Relay Service 711.